

DRAFT SAFE EATING GUIDELINES

FISH CONSUMPTION AT LAKE BERRYESSA

Fish are nutritious and should be part of a healthy, balanced diet. It is important, however, to choose your fish wisely. OEHHA recommends that you choose fish to eat that are low in mercury, including the following fish caught from Lake Berryessa.

BEST CHOICES (Up to 3 times a week)	
Women of childbearing age and children 17 years and younger:	
<i>There are no best choices for this population at Lake Berryessa</i>	
Women beyond childbearing age and men:	
Trout or kokanee	

Because some other types of fish from Lake Berryessa contain higher levels of mercury, OEHHA provides the following recommendations that you can follow to reduce the risks from exposure to methylmercury in fish.

CAUTION	
Women of childbearing age and children 17 years and younger:	
AVOID (No more than one meal a month)	Black bass, catfish, and chinook (king) salmon
EAT SPARINGLY (No more than one meal a week)	Bluegill or other sunfish, trout, or kokanee
Women beyond childbearing age and men:	
EAT SPARINGLY (No more than one meal a week)	Black bass, catfish, bluegill or other sunfish, or chinook (king) salmon

- **CONTACT WITH THE WATER IS SAFE.**
- **EAT SMALLER FISH OF LEGAL SIZE.** Fish accumulate mercury as they grow.
- **SERVE SMALLER MEALS TO CHILDREN.** Meal size is assumed to be 8 ounces for a 160-pound adult. If you weigh more or less than 160 pounds, add or subtract one ounce to your meal size, respectively, for each 20-pound difference in body weight.
- **DO NOT COMBINE FISH CONSUMPTION ADVICE.** If you eat multiple species or catch fish from more than one area, the recommended guidelines for different species and locations should not be combined.
- **CONSIDER YOUR TOTAL FISH CONSUMPTION.** Fish from many sources (including stores and restaurants) can contain elevated levels of mercury and other contaminants. If you eat commercial and/or sport fish with lower contaminant levels, you can safely eat more fish. The American Heart Association recommends that healthy adults eat at least two servings of fish per week. Commercial fish such as shrimp, king crab, scallops, farmed catfish, wild ocean salmon, oysters, tilapia, flounder, and sole generally contain some of the lowest levels of mercury, as do the local fish in the "Best Choices" table.
- **FISH FROM MANY OTHER WATER BODIES ARE KNOWN OR SUSPECTED TO HAVE ELEVATED MERCURY LEVELS.** Not all water bodies in California have been tested. It is recommended that fish from places without an advisory be eaten sparingly.